

MONTGOMERY COUNTY RECREATION DEPARTMENT

LONG BRANCH SENIOR CENTER

LONG BRANCH COMMUNITY CENTER

8700 PINEY BRANCH ROAD, SILVER SPRING, MD 20901

240 777-6975

[HTTP://MONTGOMERYCOUNTYMD.GOV/REC](http://MONTGOMERYCOUNTYMD.GOV/REC)



March 2011

Elizabeth Ortega-Lohmeyer, Director,
Staff: Carol Clatterbuck, Leah Kwait-Blank, Nancy Martínez, Richard Gutiérrez,
Celibel Cortes, Philler Johnson

A few of the daily activities

10:00 am to 10:30 am: Moving and Grooving - everyday

10:00 am to 11:30 am: Board Game Time and Coffee - everyday

11:00 am: Seated Volleyball Team – almost everyday

11:30 am: Zumba – Fridays

10:00 am: Computer classes in English and Spanish – Monday to Thursday



Rusty Keith, Charles West and John Foster enjoying the morning

photo Celibel Cortes

Transportation to Long Branch for Seniors

Door-to-door bus transportation to the center is offered free of charge Monday to Thursday within a limited area. To make arrangements for transportation, please call 240-777-6975

A nutritious lunch is served everyday at 1:00 pm for Seniors 55+

March Programs

SPEAKERS, ENTERTAINERS AND SPECIAL EVENTS

Dance at Long Branch! Practice your best steps of Latin salsa, merengue, jazz and more any time at the Social Hall B.



The beat is on for you.



All programs are free except when indicated. Call our office at 240-777-6975 if you have any question, thank you.

Tuesday, March 1st, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *LamBao Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am – 11:30 am: Basic Computer Course

Learn the fundamentals targeted for those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

10:00 am: US Movie with Subtitles in Spanish

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:00 am: Citizenship

Martine Portee helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:30 am – 1:30 pm: Basic Computer Course in Spanish

Learn the fundamentals targeted for those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

1:00 pm: Lunch, Orange Juice, Salisbury Steak with Gravy, Mashed Potatoes, Collards , Whole Wheat Roll, Fruit Cocktail, Coffee, Tea, and Water.

Wednesday, March 2nd, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.



10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am – 12:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the “Rosetta Stone” program on the computer, Basic English instruction and Computer Tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11:00 am: Learn Reading and Writing in Spanish

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

12:00 pm: Bingo

Learn and play for fun or for prizes. Cost \$1.00.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Turkey Tetrazzini, Chopped Kale, Garden Salad, Whole Wheat Bread, Pineapple Tidbits, Coffee, Tea, and Water.

Thursday, March 3rd, 10:00 am - 11:30 am: Moving and Grooving

Gym

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Social Hall B

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

Social Hall A

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am – 11:30 am: Keyboarding Course

Computer Room

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

10:00 am – 12:00 pm: Food for Thought. Eating for a Healthy Heart

Conference Room

Leni Barry, a nurse from Suburban Hospital presents a seminar on healthy habits which will include a discussion among participants, a DVD presentation, and handouts for the participants to refer and take home. Program is in English with an interpreter in Spanish.

11:00 am: Citizenship

Art Room

Martine Portee helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.

11:30 am – 1:30 pm: Keyboarding Course in Spanish

Computer Room

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

12:00 pm to 2pm: Know your Blood Pressure Numbers Program

Conference Room

This Heart Health Risk Factor Assessments Program includes Blood pressures/Heart Rates/BMI (weight calculation) and the completion on a new Heart Health Profile Card; each visit of Nurse Leni Barry from Suburban Hospital will be a re-assessment of blood pressure, heart rate, BMI, and each individual will be able to track their progress. It is important for everyone to have a goal they are working on with instruction to actually make lifestyle changes to help maintain Heart Health.

12:00 pm: US Movie with Spanish subtitles.

Social Hall B

12:00 pm: Seated Volleyball Team

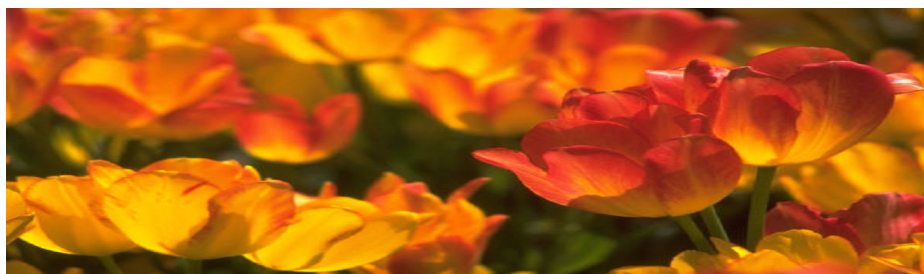
Social Hall A

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

12:00 pm: Long Branch Seniors Advisory Committee Meeting and Elections

Lounge Room

1:00 pm: Lunch, Beef Vegetable Stew, on Noodles, Tossed Salad, Pumpnickel Bread, Orange, Coffee, Tea, and Water.



Friday, March 4th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teach advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

11:30 am: Seated Volleyball

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:30 am 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee: \$2.00.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Vegetable Soup, Baked Chicken Leg, Baked Potato, Spinach, Whole Wheat Bread, Cherry Crisp, Coffee, Tea, and Water.

Monday, March 7th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am – 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 7th until April 11th.

10:30 am - 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00)

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am – 1:30 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 7th until April 11th.

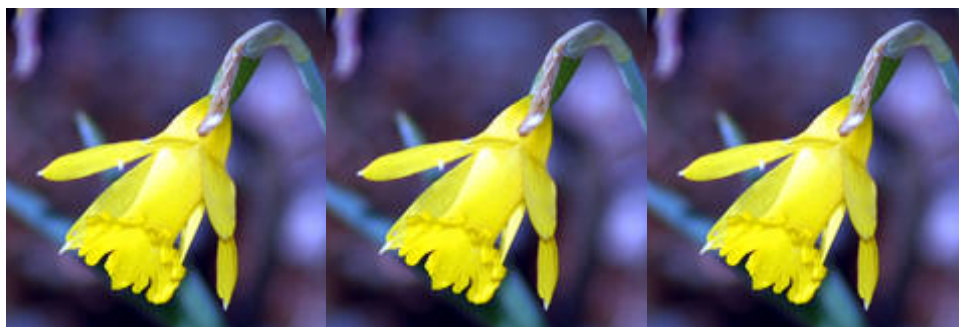
12:00pm: Spanish Conversation Club

Practice your Spanish conversation skills with native speaker and volunteer Waldo Pinto.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Vegetarian Bean Soup, Pasta Primavera, Kale, Whole Wheat Bread, Peaches, Coffee, Tea, and Water.



Tuesday, March 8th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Dance with Annetta

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *LamBao Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net at 240-487-6729; or e-mail lambao@comcast.net

10:00 am – 11:30 am: Basic Computer Course

Learn the fundamentals targeted to those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:00 am: Cardiovascular Prevention – In Spanish

In co-sponsorship with Casa de Maryland a health educator will discuss how to prevent cholesterol, diabetes, high blood pressure, overweight, lack of physical activity.

11:00 am: Citizenship

Martine Portee from Baltimore City Community College helps seniors every Tuesday and Thursday teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card.



11:30 am – 1:30 pm: Basic Computer Course in Spanish

Learn the fundamentals targeted to those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

11:30 am: Aging and Disability Resource Center

Client Assistance Worker from HHS, Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. Call her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

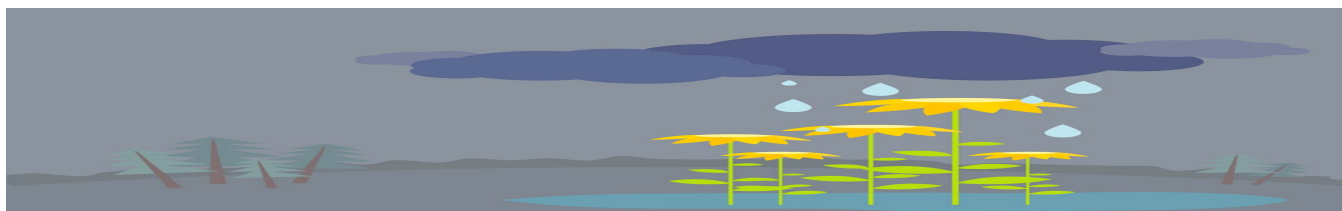
12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Bingo

Play for fun or for prizes. Cost \$1.00.

1:00 pm: Lunch, Beef Fajitas, Whole Wheat Tortilla, Salsa with Corn, Brown Rice Mexicali, Garden Salad, Banana, Coffee, Tea, and Water.



Wednesday, March 9th, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:00 am – 12:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the “Rosetta Stone” program on the computer, Basic English instruction and Computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.



10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11 am to 12:00 pm: Learn Spanish Literacy

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school; program is for Spanish speaking participants only.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:00 am: USA Movie with Spanish subtitles.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Program is co-sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

12:00 pm: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Bean Chili, Fluffy Rice, Spinach Salad, Corn Muffin, Tropical Fruit, Apple Juice, Coffee, Tea, and Water.

Thursday, March 10th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am – 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

11:00 am: Citizenship

Conference Room

Martine Portee from Baltimore City Community College helps seniors every Tuesday and Thursday Teaching the way to be ready to become a US Citizen. If this is the first time in a classroom, please bring a copy of your social security number and your green card. This is the last session of this season; classes will begin on Tuesday, April 5th.

11:30 am – 1:30 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

11:00 am: Brainworks

Art Room

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Seated Volleyball Team

Art Room

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

1:00 pm: Lunch, Grilled Chicken Patty, Scalloped Potatoes, Field Greens, Rye Bread, Orange Pineapple Juice, Apple Crisp, Coffee, Tea, and Water.

Friday, March 11th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of Tai Chi Chuan solo exercise.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor and volunteer Waldo Pinto teaches advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

11:30 am 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$2.00.

12:00 pm: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

1:00pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Orange Juice, Baked Tilapia, Brown Rice with Peas, Glazed Carrots, Whole Wheat Bread, Fruited Gelatin Coffee, Tea, and Water.

Monday, March 14th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am – 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 7th until April 11th.

10:00 am - 12p m: Know your Blood Pressure

The Health and Wellness program of Adventist Healthcare takes your Blood Pressure every second Monday of the month.

11:30 am – 1:30 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 11th.

10:30 am - 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00)

12:00 pm - 12:45 pm: Senior Fit - Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. This program is co-sponsored by Holy Cross Hospital and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Swedish Meatballs, Brown Rice, Italian Vegetable Blend, Field Greens, Whole Wheat Bread, Coffee, Tea, and Water.



Tuesday, March 15th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *Lam Bảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am – 11:30 am: Basic Computer Course

Learn the fundamentals targeted for those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:30 am – 1:30 pm: Basic Computer Course in Spanish

Learn the fundamentals to those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

12:00 pm: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

12:00 pm: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm: Spanish Beginner

Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

1:00 pm: Lunch, Turkey Stew, Chopped Kale, Tossed Salad, Rye Bread, Banana, Orange Pineapple Juice, Coffee, Tea, and Water.



Wednesday, March 16th 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own. .

10:00 am – 12:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction and Computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11:00 am to 12:00 pm: Learn how to read and write in Spanish

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: USA Movie in English with Spanish subtitles.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

12:00 pm: Knitting and Crochet class

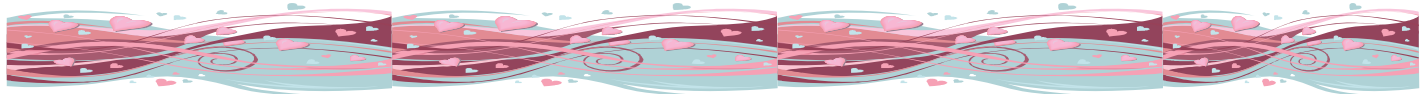
Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Birthday Celebration! Everyone who has a Birthday in March cuts the cake today.

1:00 pm: Lunch, Roast Beef with Gravy, Sweet Potatoes, Spinach Salad, Whole Wheat Bread, Cinnamon Applesauce, Orange Juice, Coffee, Tea, and Water.



Thursday, March 17th 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am – 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

10:00 am: Free Hearing Screening

Lounge Room

In partnership with Community Audiology Services Dr. Patricia Randolph a board licensed and certified Audiologist will conduct the screenings.

11:00 am: US Movie with subtitles in Spanish

11:00 am: Brainworks

Conference Room

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am – 1:30 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

12:00 pm: Seated Volleyball Team

Conference Room

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

1:00 pm: Lunch, Baked Chicken Leg, Black Eyed Peas, Broccoli, Garden Salad, Whole Wheat Bread, Fruited Lime Gelatin, Coffee, Tea, and Water.

Friday, March 18th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of T'ai Chi Chuan solo exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

10:30 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teaches advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

11:30 am 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$1.00 per class per person.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Split Pea Soup, Baked Pollack, Lemon Butter Sauce, Glazed Carrots, Tossed Salad, Corn Muffin, Pineapple Tidbits, Coffee, Tea, and Water.

Monday, March 21st, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am – 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 7th until April 11th.

10:30 am - 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00.)

10:30 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Brainworks

Conference Room

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

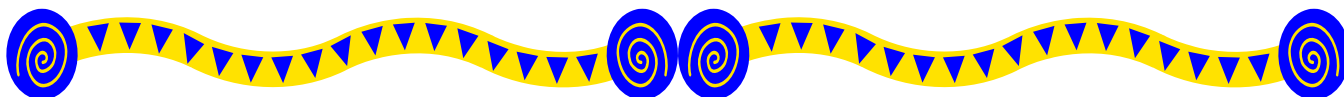
11:30 am – 1:30 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 11th.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Vegetable Soup, Roast, Turkey, Mashed , Potatoes with Gravy, Brussels Sprouts, Pumpnickel Bread, Tropical Mixed Fruit, Coffee, Tea, and Water.



Tuesday, March 22nd, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *Lam Bảo Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am – 11:30 am: Basic Computer Course

Learn the fundamentals to those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

10:00 am: Dance with Annetta

Join Annetta Sawyer from Arts for the Aging for world dance rhythms, movement and exercise.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:30 am – 1:30 pm: Basic Computer Course in Spanish

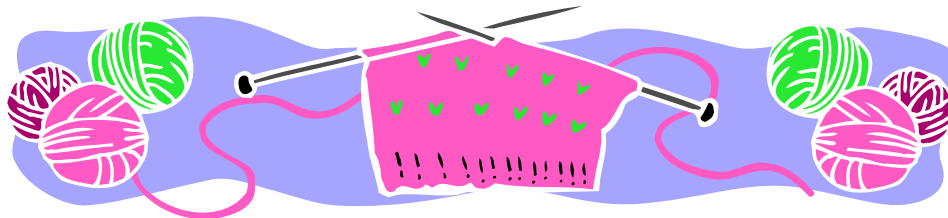
Learn the fundamentals to those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

12:00 pm: Spanish Beginner: Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*. 15 weeks.

12:00 pm: Bingo

Learn and play the Latin American equivalent to Bingo; play for fun or for prizes. Fee \$1.00

1:00 pm: Lunch, Chicken Tetrazzini, Green Salad, Whole Wheat Roll, Stewed Apples, Orange Juice, Coffee, Tea, and Water.



Wednesday, March 23rd, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:00 am – 12:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the "Rosetta Stone" program on the computer, Basic English instruction and Computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11 am: Learn how to read and write in Spanish

Art Room

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: USA Movie with Spanish subtitles.

11:00 am: Brainworks

Lounge Room

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

12:00 pm: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

1:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance.

Exercises are both standing and seated using weights.

1:00 pm: Lunch, BBQ Beef, Multigrain Bun, Corn O'Brien, Garden Salad, Sliced Peaches, Orange Pineapple Juice, Coffee, Tea, and Water.



Thursday March 24th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am – 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Cardiovascular Prevention – In Spanish

In co-sponsorship with Casa de Maryland a health educator will discuss how to prevent cholesterol, diabetes, high blood pressure, overweight, lack of physical activity.

11:30 am – 1:30 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

12:00 pm: US Movie with subtitles in Spanish

12:00 pm – 1:00 pm: Santé Discussion Group - Family Relations

In co-sponsorship with Affiliated Santé Group, Therapist Maricela Barroso focuses this interactive group on developing skills to help cope with everyday life. Session is in English only.

1:00 pm: Lunch, Baked Chicken Leg, Curry Gravy, Baked Potato, Carrots, Spinach Salad, Whole Wheat Bread, Fruited Gelatin, Coffee, Tea, and Water.

Friday, March 25th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

10:30 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

T'ai Chi for Seniors: Experience the gentle stretching, graceful movements, and health benefits of T'ai Chi with instructors Fred Nee and Al Carey. A review of scientific literature suggests that there is strong evidence of beneficial health effects of tai chi and qi gong, including benefits for bone health, cardiopulmonary fitness, balance, and quality of life. Both tai chi and qi gong involve physical movement, mental focus, and deep breathing.

10:00 am - 10:30 am: Qi Gong deep breathing and range of motion exercises

10:30 am - 11:00 am: Three repetitions of the Yang Style T'ai Chi Chaun solo exercise

11:00 am - 11:30 am: Introduction to basics of T'ai Chi Chuan solo exercise.

11:00 am: Spanish Advanced Beginner

Native Spanish speaking instructor Waldo Pinto teaches advanced level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way* (3rd Ed.).

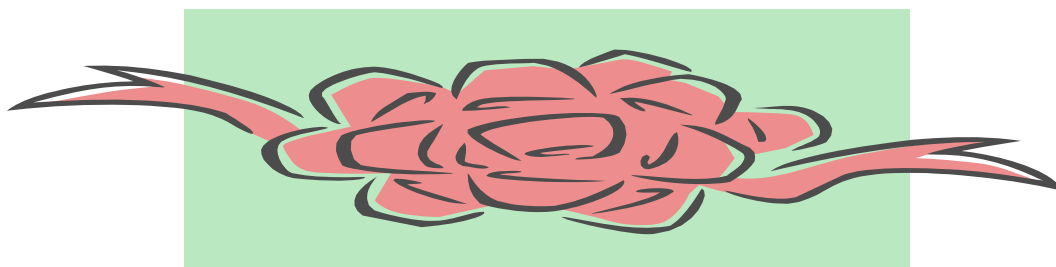
11:30 am 12:30 pm: Zumba

Zumba Fitness fuses hypnotic Latin rhythms and easy-to-follow moves in a unique dance program that will leave you energized. Choreography and music are tailored to anyone new to dance fitness, as well as the active older adult. You'll learn salsa, merengue, cumbia, cha-cha, mambo, and tango. What else could you ask for? Fee \$3.00 per class per person.

1:00 pm - 2:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Baked Haddock, Creamy Dill Sauce, Brown Rice Pilaf, California Veggies, Rye Bread, Banana, Pineapple Juice, Coffee, Tea, and Water.



Monday, March 28th, 10:00 am to 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: Chinese American Senior Services Association (CASSA)

Contact Vivien Hsueh, President at 301-530-4880 or email vhsueh@aol.com for information.

10:00 am – 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 7th until April 11th.

10:30 am - 12:00 pm: Ceramics Class

Carol Clatterbuck instructs, cost \$24.00 for eight (8) weeks including greenware, paint, glaze, and firing. This is your opportunity to try various techniques and make your own beautiful pieces. Lots of bisque to choose from--vases, dishware, banks, holiday items, etc. (With instructor's permission, you may bring your own supplies to work independently at \$12.00.)

10:30 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own. .

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:30 am – 1:30 pm: Keyboarding Course in Spanish

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 11th.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

1:00 pm: Lunch, Herb Baked Chicken, Sweet Potatoes, Broccoli, Whole Wheat Roll, Peach Crisp, Grape Juice, Coffee, Tea, and Water.



Tuesday, March 29th, 10:00 am to 10:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese Senior Association of Maryland (VSAM)

Contact Chairman and President *LamBao Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net

10:00 am – 11:30 am: Basic Computer Course

Learn the fundamentals to those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

10:30 am: PACE (People with Arthritis Can Exercise)

Norah O'Donnell conducts this gentle movement, stretching and strengthening class in English and Spanish. Using safe and health promoting exercises designed by the Arthritis Foundation, this program will help you increase your level of endurance, boost your energy and improve your range of motion. Mrs. O'Donnell is a health educator and a certified AFAA (Aerobics and Fitness Association of America) instructor. This program is co-sponsored by Holy Cross Hospital Senior Source.

11:30 am – 1:30 pm: Basic Computer Course in Spanish

Learn the fundamentals to those who have no prior knowledge of computing. Cost \$12 for 6 classes. Class starts March 1st until Tuesday, April 5th.

12:00 pm: Spanish Beginner

Native Spanish speaking instructor Waldo Pinto teaches entry level Spanish; students must purchase *Barron's Learn Spanish the Fast and Fun Way (3rd Ed.)*.

12:00 pm: Bingo

Learn and play the Latin American equivalent to Bingo; play for fun or for prizes. Fee \$1.00

1:00 pm: Lunch, Roast Turkey with Gravy, Cornbread Dressing, Chopped Spinach, Three Bean Salad, Whole Wheat Bread, Orange, Coffee, Tea, and Water.

Wednesday, March 30th, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am: Vision Exercises

Improve your balance and peripheral vision with these simple exercises, if you can't get to these sessions, the equipment is available to practice on your own.

10:00 am – 12:00 pm: Rosetta Stone – Computer Tutoring

Learn to speak English using the “Rosetta Stone” program on the computer, Basic English instruction and Computer tutoring. Volunteers: Jane Hawkanson, Edward Ingram.

10:30 am to 12:00 pm: Art Explorations in Paint

Carol Clatterbuck provides assistance and feedback for you to paint in acrylics. Some are examples of animals, waterscapes, landscapes, florals, etc. Work at your own pace; explore your creativity with brush and paint. Drawing skills are not required. Cost \$24.00 eight (8) weeks.

11 am: Learn how to read and write in Spanish

Volunteer Clotilde Ibáñez, former School Principal in Latin America helps those who didn't have an opportunity to attend elementary school.

11:00 am: USA Movie with Spanish subtitles.

12:00 pm - 12:45 pm: Senior Fit: Flexibility and Strengthening Exercise Program

Patricia Smith is the instructor of this program designed especially for seniors age 55 and older. This free 45-minute exercise program starts with a 10 minute warm-up cardio vascular workout, then the focus is on increasing strength and muscle endurance while improving balance, flexibility and reducing the risk of osteoporosis, diabetes, heart disease, and obesity. Co sponsored by Holy Cross Hospital, and Kaiser Permanente. Permission from your health provider is required before beginning the program. Forms are available at the senior center reception desk.

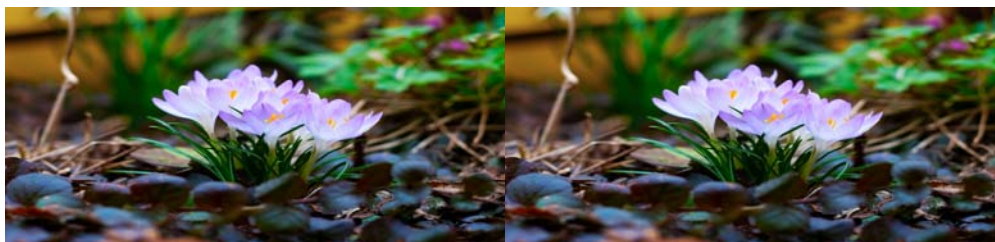
12:00 pm: Knitting and Crochet class

Learn knitting and crochet with expert Clotilde Ibáñez; bring your own materials.

1:00 pm: Better Bones Osteoporosis Exercise Program

In co-sponsorship with Holy Cross Hospital, instructor Norah O'Donnell Teaches you how to maintain bone density while building muscle strength, improving flexibility, and enhancing your balance. Exercises are both standing and seated using weights.

1:00 pm: Lunch, Spaghetti with Meat Sauce, Garden Salad, Whole Wheat Bread, Banana, Cranberry Juice, Coffee, Tea, and Water.



Thursday March 31st, 10:00 am - 11:30 am: Moving and Grooving

Walk at your own pace, dance and sing. Let the music get you moving. Monday through Friday, in the gym; but you must have an Access Card.

10:00 am to 11:30 am: Board Game Time and Coffee

Enjoy playing with your fellow participants any kind of board games, listen to music, drink a cup of coffee, tea, hot coco, or water plus a roll with cream cheese or butter.

10:00 am to 2:00 pm: The Vietnamese American Senior Association (VASA)

For information please contact Ms. Quynh Nguyen at 301-588-6862.

10:00 am – 11:30 am: Keyboarding Course

Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

11:00 am: Seated Volleyball Team

Chair volleyball requires that players remain seated at all times, but don't let that fool you. It is a game requiring skill and speed. Come give it a try exercise and laugh at the same time; everyone 55 years or older is welcome.

11:00 am: Brainworks

Keep your brain fit with stimulating activities and music designed to keep minds active and alert.

11:30 am – 1:30 pm: Keyboarding Course in Spanish

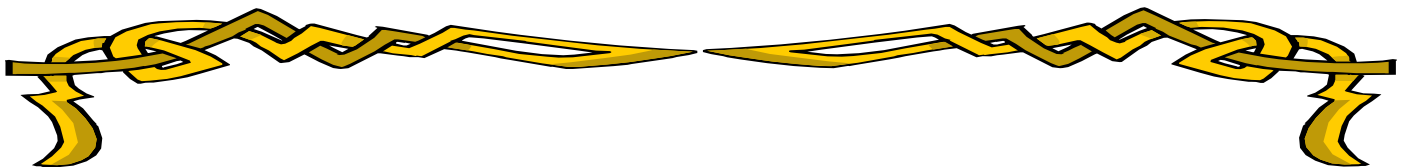
Learn general instruction on the computer keyboard. General computer literacy will be covered. Cost \$12 for 6 classes. Class starts Thursday, March 3rd until April 7th.

12:00 pm: US Movie with subtitles in Spanish

12:00 pm – 1:00 pm: Santé Discussion Group - Family Relations

In co-sponsorship with Affiliated Santé Group, Therapist Maricela Barroso focuses this interactive group on developing skills to help cope with everyday life. Session is in Spanish only.

1:00 pm: Lunch, Ginger Beef, Brown Rice, Cauliflower/Red Pepper, Whole Wheat Roll, Diced Pears, Orange Pineapple Juice, Coffee, Tea, and Water.



Long Branch Senior Center is proud of our Great Volunteers

Ann Butler
Beatrice Disla
Charles West
Clotilde Ibañez
Ed Ingram
Eleuteria Flores
Jane Hawkanson

Jim Mueller
Juan Sánchez
Lessie Daniels
Ralph Jimenez
Ralph Jiménez
Robert Keys
Rosie Barber

Rusty Keith
Vera Samuels
Waldo Pinto
Xiomara Martinez
Yolanda de Santos

Other Programs

Cambodian Senior Group

Meets at Long Branch on Fridays, 10:00 -11:00 am for T'ai Chi. Please call Seng Cau 240-485-6667 to confirm dates.

Chinese American Senior Services Association (CASSA)

Meets Mondays and Fridays, 10:00 am– 2:00 pm, contact, Vivien Hsueh, President, 301-530-4880 or email vhsueh@aol.com. All activities are open for all seniors to participate.

The Vietnamese Senior Association of Maryland (VSAM)

Meets every Tuesday 10:00 am to 2:00 pm. Contact Chairman and President *LamBao Nguyễn* at 240-487-6729; or e-mail lambao@comcast.net Open for all seniors to participate.

The Vietnamese American Senior Association (VASA)

Meets every Thursday from 10:00 am to 2:00 pm, for information please contact Ms. Quynh Nguyen at 301.588.6862.

Exercise and Weight Room Senior Pass Adults 55+ may register to use Long Branch Community Center's exercise and weight room or that at any other community center at \$50/year under the Silver Sneakers program, Monday through Friday, 10:00 am – 2:00 pm. Appropriate attire is required for your safety, tennis shoes and shorts or pants, no skirts or hard soled shoes.

Aging and Disability Resource Center

Client Assistance Worker from the Department of Health and Human Services Anita Joseph comes to the Center the second Tuesday of the month at 11:30 a.m. You can contact her at 240-777-1062 to make an appointment. For questions about services call Health and Human Services 240-777-3000.

Senior Center Services

Transportation to Long Branch for Seniors

Door-to-door bus transportation to the center is offered of charge Monday-Thursday within a limited area. To make arrangements please call 240-777-6975.

Manna Food Center

Manna distributes food at the parking lot of the Long Branch Community Center on Wednesdays from 5:00 pm to 7:00 pm. The Senior Center can refer you to Manna. If you have any question, please contact Manna at 301-424-1130.

Mobile Medical Care

The Mobil provides primary healthcare services for residents of Montgomery County without health insurance, Fridays, 8:30 am - 4:00 pm. Please call MobileMed 301-493-2400.

Mobile Post Office

Thursdays 12:30 pm – 1:00 pm the mobile post office comes to the center to take your mail or to sell stamps.

Seniors with Disabilities

Are encouraged to participate in senior programs. Montgomery County Government is committed to complying with the American with Disabilities Act (ADA). If you need auxiliary aids, program assistance or services in order to participate, notification must be received no later than two (2) weeks prior to the start of the activity, 240-777-6870 or TTY 240-777-6974.